

PREVENTIVE CARE FOR YOUNG CHILDREN

0-2 MONTHS

Nutrition and feeding

- ★ breast feeding is encouraged; if not breast feeding, use iron-fortified formula on demand
- ★ delay solid foods until developmentally ready, usually 4-6 months
- ★ discourage too many formula changes
- ★ no honey until after first birthday
- ★ may need to wake to nurse at night
- ★ do not prop bottle or put to bed with bottle
- ★ new recommendation: NO fluoride supplement until 6 months
- ★ expect 6-8 wet diapers/day; bowel movement depends on food source
- ★ no cows milk until after first birthday
- ★ throw away leftover formula in bottle after each feeding
- ★ do not heat breast milk or formula in the microwave

Growth and development

- ★ looks at patterns and faces 8-12" away
- ★ grasps
- ★ listens to voices
- ★ smiles and coos
- ★ lifts head when on stomach
- ★ some head control in upright position
- ★ looks at hands
- ★ follows moving objects
- ★ responds to familiar voices

Safety and injury prevention

- ★ place car seats properly in back seat only; is everybody using seat belts?
- ★ do not leave alone with young sibling or pet
- ★ crib slats are spaced no more than 2 3/8" apart
- ★ avoid soft pillows, comforters and stuffed animals in crib
- ★ put infant on back or side for sleeping not on stomach
- ★ test water temperature with wrist to make sure it is not too hot before bathing baby; lower temp. on hot water heater
- ★ avoid too much sun exposure
- ★ try to keep environment free from smoke
- ★ review emergency procedures
- ★ always have one hand on infant - you never know when an infant will roll or wiggle to edge of any high place
- ★ install/check smoke detectors in home

Babies enjoy

- ★ mobiles
- ★ voices
- ★ bright patterns or black and white geometric patterns
- ★ mirrors
- ★ changing feeding and crib positions
- ★ outdoors (avoid direct sun)
- ★ skin to skin contact

(0-2 months, continued)

Health teachings

- ★ review signs of illness
- ★ learn CPR and first aid
- ★ don't smoke around children
- ★ know you cannot "spoil" infant at this age
- ★ respond consistently to infant's cry
- ★ know infant's sleeping, walking, feeding, and crying behavior may change from day to day
- ★ monitor well baby checkups
- ★ avoid over-the-counter drugs without doctor's advice
- ★ wash adult's and infant's hands after changing diapers

REMEMBER: **Everyone wash hands
(Adults and Children)**

Family issues

- ★ set time aside for older children to decrease any resentment toward infant. Teach appropriate ways to express anger.
- ★ set time aside to renew all family relationships- partner, children and self
- ★ untidy house is okay
- ★ violence potential: handle anger appropriately
- ★ watch for neglect or abuse
- ★ may need extra support, e.g., divorce, disability, income issues, grief, transportation
- ★ may need additional child care services

Questions? Contact:

- ✎ Local Community Health Services Offices
- ✎ Local Family Resource List
- ✎ Head Start
- ✎ Resources for family Providers Information Line 1-800-529-5000
- ✎ S.D. Department of Health 1-800-738-2301
- ✎ Health Care Provider